

Cut back on the amount of salt you eat:

- Use herbs and spices to season foods.
- Limit canned, processed, and fast foods.
- Leave the salt shaker off of the table.

If you smoke or use other tobacco products, **QUIT!** Call toll-free the South Dakota Quitline (1-866-737-8487) for counseling support as you quit.

Follow a meal plan low in saturated fat and cholesterol, sweets, and salt.

Reach and maintain a healthy weight.

Exercise regularly. Check with your doctor before you start an exercise program.



Your Doctor Can ...

- Help you understand how diabetes and eye disease are related.
- Help you to use your blood glucose result to achieve your diabetes goals.

- Check your blood pressure regularly and prescribe medication, if needed.
- Refer you to a diabetes nurse, dietitian and pharmacist to teach you more about managing your diabetes.
- Ask you about vision or other eye problems at each visit.
- Help you quit using tobacco and find a freedom from tobacco program.
- Refer you to an ophthalmologist (a doctor that specializes in eye problems) if eye damage develops.

Exercising, eating well, achieving normal blood glucose and blood pressure can help to reduce your risk of eye disease.



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Diabetes Prevention and Control Program
615 E. Fourth Street, Pierre, SD 57501-1700

1-800-738-2301

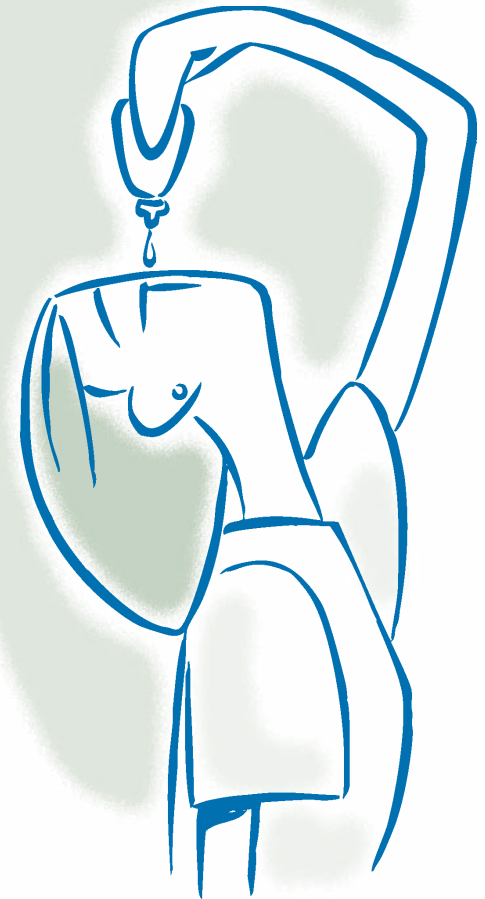
<http://diabetes.sd.gov>

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Diabetes & Your Eyes



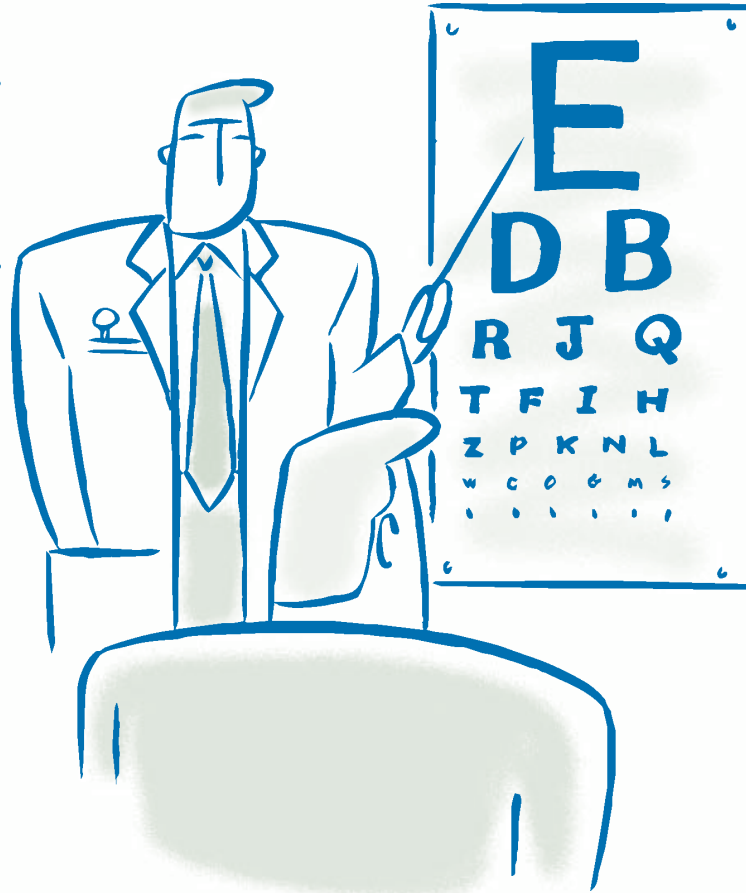
Content adapted from
recommendations of the
SD Diabetes Advisory Council and the
Centers for Disease Control and Prevention

Diabetes And Your Eyes...

Diabetes is the leading cause of new cases of blindness each year. The good news is that many eye problems can be prevented or successfully treated if found early.

Diabetes And Eye Disease

- **Retinopathy** (diabetic eye disease) can cause the small blood vessels in the back of the eye to become damaged, break, and bleed. It can result in swelling in the eye (macular edema) or damage at the back of the eye (retinal detachment).
- **The longer a person has diabetes**, the greater the risk of eye damage. You may not have any trouble seeing until the damage is serious. That is why you should have a dilated eye exam each year.
- **Glaucoma and cataracts** are more common among people with diabetes.
- **High blood glucose**, high blood pressure, and smoking/tobacco use can make eye damage worse.



- **Regular dilated eye check-ups** and early treatment of problems can prevent over half of the cases of vision loss due to diabetes.
- **When you are newly diagnosed** with diabetes you should see an eye doctor as soon as your diabetes is under control.

Check with your private insurance company, Medicare, or Medicaid to see if your plan includes dilated eye exams.

What You Can Do To Help Prevent Eye Disease...

Call your doctor right away if you have blurred vision, double vision, dark spots, narrowed field of vision, or pressure or pain in your eyes.

Have a dilated eye exam by an eye doctor (optometrist or ophthalmologist) at least once a year. Make sure that the eye doctor dilates your pupils by putting drops in your eyes before the exam.

See your doctor regularly for diabetes care.

Test and record your blood glucose regularly so that your doctor, dietitian, and diabetes nurse can assist you with your diabetes management.

Achieving your blood pressure goal is important to prevent eye disease:

- Have your blood pressure checked regularly. If it is higher than 130/80 mmHg, ask your doctor to help you lower it.
- If you take medicine to help control your blood pressure, don't stop unless your doctor tells you to do so.
- Talk to your pharmacist if you have questions about your medications.